# CHAPTER 4

# JOURNEY INTO LIGHT

## MAY 24, 1976

ROMC: "I'm in my energy balloon and am going through my breathing exercises. Now the balloon is going to be rolled down a type of incline and I'm supposed to relax. As it rolls, I am going to roll over and over in it. So, we'll see what happens now. The balloon is moving very rapidly, but inside I am staying at the same level. I am floating around in the balloon even though it is going very rapidly. I find myself moving around slowly to keep balance inside the balloon. I feel like an astronaut floating inside a space ship. Now I am floating up into FOCUS 12. I'm supposed to float. Is it okay to go up into 12 now?"

RAM: "Yes, go on to 12."

ROMC: "Okay, my balloon is still the same balloon, but it has changed shape. It is a little closer around me, but it still doesn't touch me. I have room inside to float around, and that is my breathing space. It is like I have come up on top of a plateau now. It is clear. Ah, it's like there are no limitations up here.

"(Chuckle) I see a little helmet with a 12 on it. I'm going to be shot through some fast-speed programs where I am going to experience different types of objects of various consistencies. I will remain exactly the same even though things outside myself will change rapidly. I feel like I am in a space capsule now. So, I'm going to see where I am going and what's going to happen."

RAM: "Very good."

ROMC: "I can see through my capsule. I'm supposed to observe everything that happens while I am rapidly moving. It is moving very rapidly, but I get a feeling of calmness, smoothness and stillness, as I am moving rapidly through space. I realize it is my own space. It looks like I am going to turn around and come back toward the earth. I'm going to be shot right into the earth. I can see the ball of the earth and I'm coming in at a rapid speed. Now I have come into the earth, but even though I have hit it, I don't even feel it.

"I'm going down through layers. It is getting warm around, but I don't feel warm. I'm coming to the center of the earth. It looks like molten lava, but I'm completely protected from it.

There are all kinds of gasses and it must be really hot.

"Right in the middle of the earth, there seems to be a vacuum where there isn't any molten lava or anything hot. It is like it is almost cool at a certain level here. Now I am in the center of the earth spinning around. It is strange. It is like the earth is one tiny atom in a huge cosmos, and I'm moving around in that atom. Now I am coming back up through the earth.

"I'm moving up through the ocean. I can see fish. There's a whale. It is cooling off my capsule on the outside. Looking up from the ocean toward the sun, I can see rainbow colors. I'm going to float around like a submarine for a while. At one part of the ocean it was really dark, but I am getting to where it is lighter. Wow, there's a shark, but I'm completely safe. Now I am moving out from the ocean and I can see some islands. I am back out in space on my launching pad. Let's see. They are going to send me somewhere else.

"All of a sudden the shape of my capsule is changing. It is being molded into a circle, a complete circle. I am sitting up in it now. Before, I was lying down like I was in a bullet. Now I am being belted in with my #12 helmet on again. It is as if I am going to be shot out of a cannon or something like that. I'm coming up through a tunnel. It is dark and I'm rolling over and over. I can see light at the end. I don't know where I am going to come out, but I am going very, very fast. I feel completely calm and relaxed. I'm coming up to where it really is light. I'm out in the light and speeding out into space. It is as if I am heading toward a star now. It's the sun I am heading toward.

"I'm getting closer and closer. It is getting so big now. I am aware of the heat, but it is not affecting me. It is very, very bright. Now my space capsule is turning different shades of green to shut out this very bright light. It is very bright and gaseous. I can see various colors. It is like I am going through the spectrums of color in the sun. They are like veins in the sun. I've gotten into a red vein. It is beautiful. It is like being in a red tunnel. Now I am moving into a blue beam of the sun. There is a cool feeling about this blue. Now I'm moving into an orangish-brown beam. I am coming into bright yellow. I am being flipped back rapidly through all the color spectrums. I get the feeling of being at a fair. I can even hear merry-go-round music. I'm going around and around. I am coming to the center of this star or sun. Wow, I have come into an open area. There is a beautiful garden. I am floating around over a fantastic garden. The colors are so lush and bright. There are all shades of bright greens. I can see flowers of very bright shades.

"I'm being told that I'm going to be able to step out and I get to sit on some of the foilage, some of these leaves. I am going to get a different kind of energizing now becauses it is all calm around me. I am going to step out. They are going to open the door. Now I am standing on a huge leaf, and in the cup

of this leaf is a little pool of...actually, it is just like a little drop of water, but I am small enough that it is like a pool. I'm going to step into this nice pool....ummmm, it's such blue water. I'm getting completely immersed into this blue pool of water. It feels so good. And it is so energizing. I'm under the surface of the water and I can breathe. It is beautiful, cool and relaxing. It is funny how the colors in my little leaf pool are changing. It is now changing into turquoise. I get different vibrations from the change in this water. Ummmm...it is really nice. I can feel my whole body tingle. I'll just float around in this water. It feels so good. Now I realize I can't stay in here too long. I have some other things to do.

"I have been floating around in this gigantic garden. (chuckle) I am just like a little nymph or nature spirit. Now I'm jumping around. I have found a great big flower...a beautiful white flower. It is like a morning glory of some type. I've dropped into it and it is like a cave, but it is a flower. It is all white and beautiful. It feels so good to be here and the smell is overwhelming. When I stepped down on it it was so soft, and I can bounce around on the pollen. Now I am going to walk inside the flower. Ohhh, what a wonderful smell. That smell makes me float. There are all different textures inside. As I touch parts of the flower, it gives me energy and I feel so light. It is cleansing and refreshing. I am going to slide down one of the inner stems in the flower. It is cool and damp in here. I'm coming down to the base of the flower and I'm going on down through the earth. It's brown and what a deep, deep and rich soil. I'll just float around in this soil. The soil is turning different colors. It is pulsating and changing colors. I am getting into the rhythm of the pulsation. I am going to come up out of the earth and walk around in the garden.

"It is the most magnificant place I have ever seen. The greens are crystal greens and where there's a drop of water on the leaf, it sparkles like a crystal. As I look at this, it is like looking into a crystal ball, but it is just a drop of water. It is pulsating and I can look at it and see myself. Now I can look into this drop of water and see behind me. There is a glowing city of light. It is back upon a hill. What a beautiful sparkle and glow. It is so bright that I can't even look at it directly. I have to look at it through this crystal of water.

"I can see myself now. I can see all kinds of different faces. I can see different people. Perhaps there are all aspects of myself...like different past lifetimes. I'll look more closely to see what I can see. It is almost as if I can know the future and the past by looking into this pulsating little crystal of water. It has a timeless dimension. It is pulsating with life and light. Now I can see different parts of myself.

"I can see an old, old woman. I can sense her presence and

her personality. She's a very old woman, sitting outside a door. It looks like a country like Scotland or Ireland. She is sitting there on the doorstep. She has just finished cleaning her little cottage, and I know that she is an aspect of myself. What I can sense about this lifetime is that it is very lonely. I can see a very lonely person, but a person that worked hard to live a full life. She sits alone. It seems that there had been a husband there, but he is gone. It is a lifetime of learning patience.

"The scene has changed. Now I see a younger girl with very fair skin. She is very attractive. The other person was very physically unattractive. This is a very young and attractive girl. I'm being drawn into the lifetime of this girl to see what she is doing. I see her in a temple with beautiful surroundings, like in Greece. It is a very beautiful temple overlooking the water. There are large pillars. It is Greece. I can sense a throb of excitement around me, and I'm following this beautiful girl to see what she is doing. I see her playing a Greek instrument and singing. She is playing a harp-like intrument with long strings. She sings to people sitting out in the garden. She is a favored servant with special kinds of privileges. She is favored because she has many talents and abilities. I can see that in this lifetime she is growing through obedience. She did not live long in this lifetime. She was less lonely because she was using more of her abilities. I also sense that she had more than one lifetime in Greece.

"Now this scene is fading out. I am going on one more inner trip. It is very fascinating because all around me there is a vibrant and fresh smell. There is a freshness as if it has just rained. Then there is the smell of the flowers, and everything gives off a special vibration and energy.

"Now I can see a face. I can see a sphinx. I am in Egypt. Again, it is a thriving period. There are a lot of people around. The people are dressed in beautiful robes. Some people are milling around and others are activly working. I can see myself looking over the shoulder of people who are observing some kind of maps. They are in the process of building a type of pyramid. It is for a king by the name of Ammonhotep, or something like that. I can see the name written over the door. He is a young king and they are planning this for his burial. I work with the king and my job is to see that the right things get into the tomb. There are many people at work for this king. The king hopes to find the secret of eternal life and we are to help him accomplish this.

"He feels that if he plans it right, he won't have to die. For each stone that is created, there will be a special type of ceremony. I can see the dove or bird that represents the spirit that doesn't die. There are birds around that are symbolic of the flight of the spirit or the soul. There is so much here to learn that I won't be able to finish now. I am going to have to come back to study this because it is an important lifetime and

there are aspects of this lifetime that will help in the study of the nature of reality. I can see that there is a study into the nature of reality and the nature of energy. They have some important secrets. They work with concepts and teachings that show that the soul of the person does not die. This ties over into the lifetime I am in right now. I will come back to this at a later time.

"Now I'm back in my garden. I didn't die. I am going to tap into another time in this lifetime to get some important guidance and help.

"As I look into this drop of water I can see the beautiful city of light that gleams back to me on the hill. Again, it is so bright that I can only look at the reflection. This is what it is like looking from the earth level into this higher dimension of light and energy. There is so much to absorb that I can just see the reflection of reality, but I'm going to be brought back to this city of light when I'm in a higher vibration and ready to experience it directly.

"I have to get back into my little bubble. I hate to go because this is such a good experience. I'm starting to lift up and can look back into this beautiful city. The buildings don't even look like our buildings because they are made of light. Now I'm leaving my beautiful area of light and am going back into a more dense surrounding. I'm going up through a dark area like a tunnel. I feel very much like this is one little molecule, like at the center of the Earth. It is just a little atom. Now I'm on a light beam...a fast-moving light beam. I'm coming back to Earth. It looks good. I can see good old Virginia.

"Boy, I feel like I can put on ten-league boots and jump all over the universe. That was such a good experience.

"I don't remember seeing anyone around, but I was receiving all kinds of help. It is strange. The only persons I saw were aspects of myself."

RAM: "Okay. Bring yourself back down slowly. When you get back down, you can take your #12 helmet off. Thank you for sharing that experience. It was indeed beautiful."